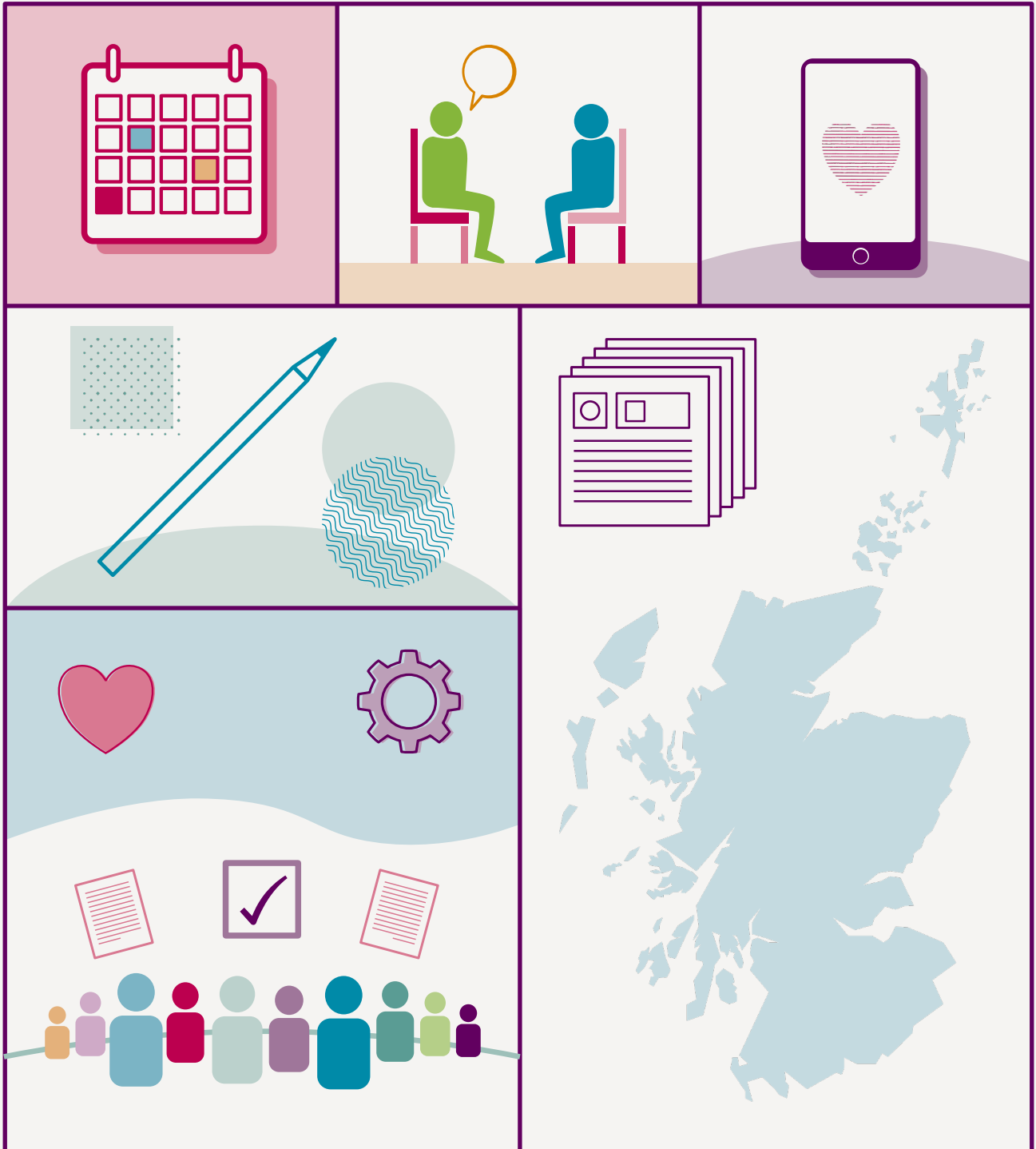


# Self Management Fund 2021

Resilience, Recovery and Development





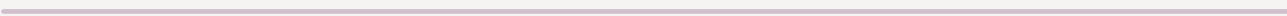
**120**

Applications  
received



**49**

new self management  
funded projects announced  
at ALLIANCE Annual  
Conference 2021



## New projects awarded for self management funding

At the opening of Equally Valued: Equally Connected, the 2021 ALLIANCE Annual Conference, 49 new self management funded projects were announced by Humza Yousaf MSP, Cabinet Secretary for Health and Social Care and Professor Ian Welsh OBE, Chief Executive of the ALLIANCE.

This investment from the Self Management Fund, administered by the ALLIANCE, is made possible by the continued support and investment from the Scottish Government of £2 million annually, as well as an additional investment of £150,000 from the William Grant Foundation.

Projects include Thistle Foundation who will work to support people living with Long Covid and Scottish Ballet who will develop a resource package to support families living with neurological conditions who can't join in group sessions to be able to get involved in dance from their bedside.

“

These projects reflect the substantial need that has arisen as a result of the pandemic and the restrictions taken which has led many children and adults living with long term conditions to experience a deterioration in their overall health and wellbeing.

Professor Ian Welsh OBE

”

The impact of the pandemic on children and young adults' health and emotional wellbeing was a recurring theme in the applications received resulting in a range of projects being invested in. Children's Health Scotland will develop an online group programme for children aged between 10 and 17 and PLUS (Forth Valley) Limited will work with young adults (21+) to feel better able to cope with the impact of COVID-19 to rebuild their confidence, resilience and improve their wellbeing.

Full details of all the projects receiving funding are available to download on the ALLIANCE website.

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## Starter grants ●

Up to £5,000 - Up to 12 months

Small grants enable organisations to conduct research, a feasibility study or a test of change for an idea to support self management in Scotland.

- A. 1st Step Development Ventures ●
- B. Beatroute Arts ●
- C. Dumfries and Galloway ME and Fibromyalgia (DGMEFM) Network ●
- D. Edinburgh Development Group ●
- E. Equal Futures ●
- F. Forth Valley Sensory Centre ●●
- G. Grow Free Community Foundation ●●●●●●●●●●
- H. Into Work Limited ●●
- I. Nemo Arts ●
- J. STAND (Striving Towards A New Day) ●●
- K. The Conservation Volunteers ●
- L. Waulkmill Menagerie Petting Farm
- M. Waverley Care ●
- N. Wigtownshire Women and Cancer ●

Addiction Recovery

Age

Disability

Gender reassignment

Marriage and civil partnership

Pregnancy and maternity

Race

Religion or belief

Sex

Sexual orientation

# Builder grants

Up to £60,000 - Up to 24 months

A larger grant to enable organisations to either create a new service or develop an existing idea to support self management in Scotland.

1. Aberdeen Foyer 
2. Action for M.E. 
3. Autism Initiatives  
4. Ayrshire Children's Services CIC 
5. Bijli Productions  
6. Carers Link East Dunbartonshire  
7. Cerebral Palsy Scotland 
8. Children's Health Scotland 
9. COPE Scotland   
10. Crohn's and Colitis UK
11. Dundee Volunteer and Voluntary Action 
12. Enable Scotland 
13. Endometriosis UK
14. Grampian Opportunities 
15. Health All Round (HAR)  
16. Healthy Valleys  
17. Highland Third Sector Interface 
18. Long Term Conditions Hebrides
19. Mindspace Limited
20. Moira Anderson Foundation, The 
21. MS Society Scotland 
22. Networking Key Services Ltd      
23. North East Sensory Service  
24. Pain Association
25. PAMIS 
26. PLUS (Forth Valley) Limited  
27. Scottish Ballet    
28. Sleep Scotland  
29. Spina Bifida Hydrocephalus Scotland  
30. SWAN: Scottish Women's Autism Network  
31. Terrence Higgins Trust Scotland       
32. Thistle Foundation
33. Visibility Scotland 
34. Voluntary Action Orkney 
35. Wellbeing Scotland 

Addiction Recovery

Age

Disability

Gender reassignment

Marriage and civil partnership

Pregnancy and maternity

Race

Religion or belief

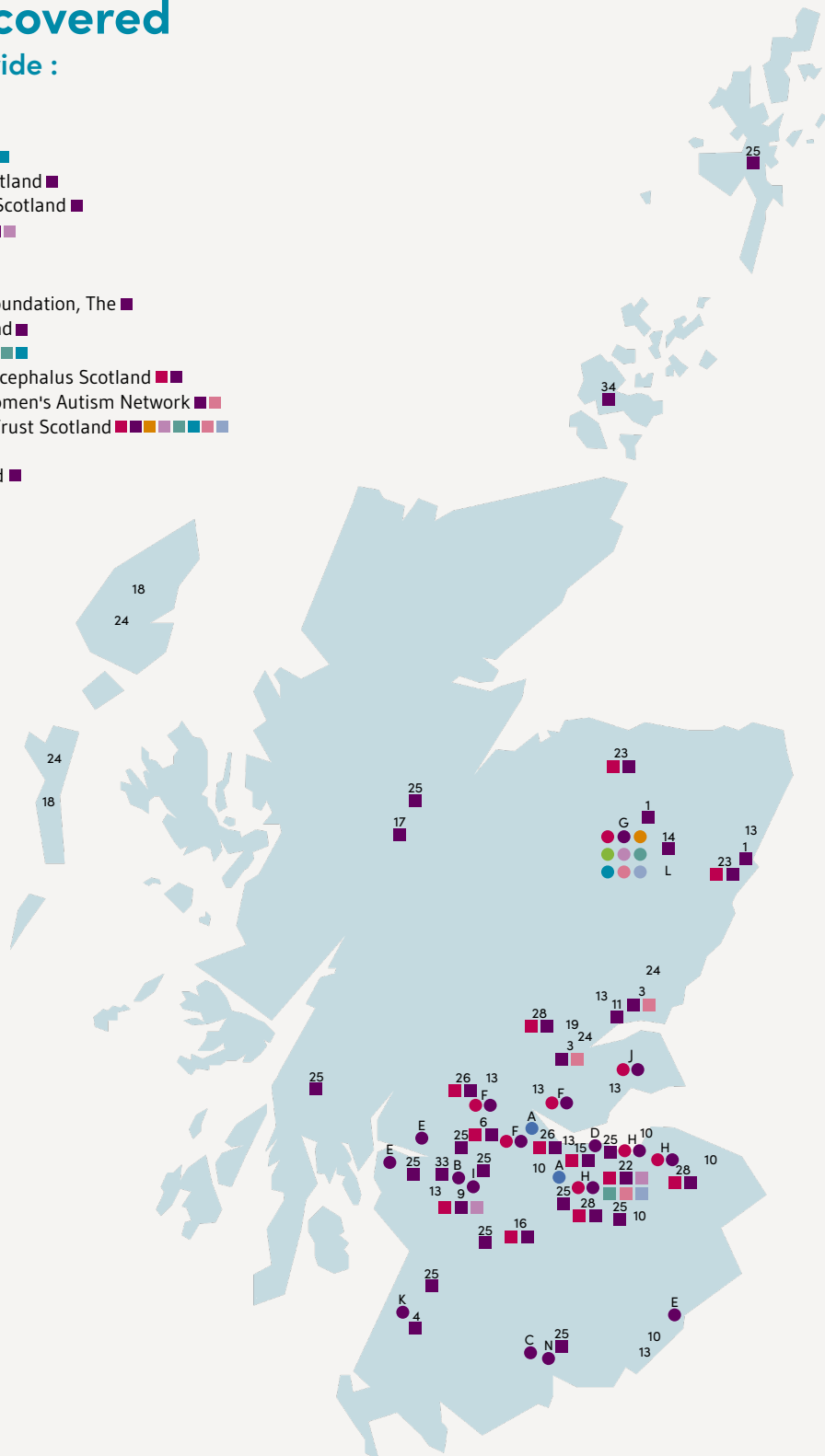
Sex

Sexual orientation

# Areas covered

## Scotland-wide :

- Waverley Care ●
- Action for M.E. ■
- Bijli Productions ■■
- Cerebral Palsy Scotland ■
- Children's Health Scotland ■
- COPE Scotland ■■
- Enable Scotland ■
- Endometriosis UK
- Moira Anderson Foundation, The ■
- MS Society Scotland ■
- Scottish Ballet ■■
- Spina Bifida Hydrocephalus Scotland ■■
- SWAN: Scottish Women's Autism Network ■■
- Terrence Higgins Trust Scotland ■■
- Thistle Foundation
- Wellbeing Scotland ■



Addiction Recovery	Age	Disability	Gender reassignment	Marriage and civil partnership
Pregnancy and maternity	Race	Religion or belief	Sex	Sexual orientation

Funding has been provided by the Self Management Fund for Scotland administered on behalf of the Scottish Government by the Health and Social Care Alliance Scotland (the ALLIANCE) with support from the William Grant Foundation.

# Range of projects



## About the ALLIANCE

The Health and Social Care Alliance Scotland (the ALLIANCE)'s vision is for a Scotland where people of all ages who are disabled or living with long term conditions, and unpaid carers, have a strong voice and enjoy their right to live well, as equal and active citizens, free from discrimination, with support and services that put them at the centre.

The ALLIANCE has three core aims; we seek to:

- Ensure people are at the centre, that their voices, expertise and rights drive policy and sit at the heart of design, delivery and improvement of support and services.
- Support transformational change, towards approaches that work with individual and community assets, helping people to stay well, supporting human rights, self management, co-production and independent living.
- Champion and support the third sector as a vital strategic and delivery partner and foster better cross-sector understanding and partnership.



**ALLIANCE**  
HEALTH AND SOCIAL CARE  
ALLIANCE SCOTLAND  
people at the centre

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📘 Health and Social Care Alliance Scotland 📷 [alliance.scotland](https://www.instagram.com/alliance.scotland)

[www.alliance-scotland.org.uk](http://www.alliance-scotland.org.uk)

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